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color, hardness, and degree of difficulty in working.

The accompanying drawings are intended as suggestions for pieces of woodwork for the upper grades and the high school,

except No. 1, which is intended for the Second Grade.

Plans for some of the designs finally adopted will appear in the December number of the COURSE OF STUDY.

Physical Training

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General Gymnastics: The cultivation by the pupils of an erect carriage and good bearing must be insisted upon on all occasions, at all times. Pupils will be required to rise promptly and to stand properly, correctly observing the fundamental standing position, with head erect and chest active. A frank and open look should be characteristic of their address. Pupils persisting in faulty attitudes during recitations will be referred to the teachers' assistants for special gymnastics.

Particular attention will be given in all seasons of the year to the dress adaptation of the pupils to physical exercise, and no clothing, wraps, tight bandages, or inelastic belts, in any way restricting freedom of action and a natural development, should be worn. Rubber shoes or boots should not be worn during school hours.

The physical training must always be conducted in pure air, and short, vigorous exercises given whenever needed. Plenty of light is also advisable. Study the ventilation of the rooms and test the air by outdoor breathing. The temperature should be about 68°.

If practicable, exercise in the open air, outdoors. Avoid unnecessary exposure to draughts. The work should be essentially contributive to the health and spiritual freshness of the children and students, and must be directed as a means of developing personal vigor. Outdoor exercise, therefore, is preferable to room-drills.

In the same way that the children are led to gymnasium practice they must also be introduced to gymnastic play. Experience teaches that even the games of children must be first learned, and that these need preparation and practice, extension and limitation, as does every other pursuit. There are pupils whose disposition is opposed to the normal activities of childhood, in whom an indoor life has destroyed the inclination to play. In others the zeal for play must be tempered. Children needing special attention in physical training are brought to the offices of this department by the teacher's assistants, who will receive instructions for the work of such pupils. Such work is to be directed by the assistant teachers at a time specially designated by the regular teacher, or as advised. Reports concerning state of health, progress, regularity of school and designated home work are to be regularly made every week.

On presentation of children for special work, the regular teacher's detailed statement in each case is desired.

Gymnasium work consists of (a) mass, (b) class, (c) group, and (d) individual practice; and embraces tactics or order exercises; free standing movements and exercises; exercises with hand apparatus; dancing calisthenics, for girls; running exercises; apparatus gymnastics; jumping and vaulting exercises; games and plays. Time devoted to the different forms of

exercises will vary according to selection and values of the respective exercises, choice and content of selection being determined by the degree of skill and proficiency attained by individual classes undergoing physical training.

Mass work employs all pupils of one or more grades in a like order of work; class work employs the pupils of one grade only in work specially designated or adapted; group work is represented in smaller divisions of grades showing marked differences in skill or ability; individual work ordinarily consists of successive execution by pupils of exercises (in groups); also, of repetitions of forms of exercises of a lesson, in which pupils are deficient—under special direction. The different forms enumerated can be utilized for either mass, class, or group work. Their order or place, in a lesson, therefore, may vary; for instance, running as well as tactics may precede, interrupt, or follow free standing exercises; tactics may become an accompanying feature of apparatus work; springing exercises may follow or be practiced as a part of apparatus work; fancy steps may be substituted for free exercises with girls; indeed, a selection—with reference to form—may depend on most or all the characteristic forms of work for its complete representation. This difference in lesson-programs, however, is had only in grades in which pupils have become familiar with an abundance of material, as in the upper grades.

To facilitate progress in gymnastics emphasis is placed upon the fundamental procedures represented in the various adaptations of free standing movements and exercises throughout the first term. The order of exercises in this practice is as follows:

TACTICS: Positions; preparatory practice of movements occurring in formations and alignments, as stepping, marching, halting, and

turning exercises. Emphasis of good posture, bearing, and carriage, fundamental to the execution of all gymnastic practice.

ACTIVE CHEST WORK: Backward and side-ward flexions of the head; backward trunk flexions; respiratory exercises with accompanying arm movements. Accentuation of proper lines of chest and back development; poise.

ARM AND LEG EXERCISES: Extensions and elevations, etc.; striding and lunging exercises; heel-elevations and knee-bending exercises combined in alternate and simultaneous execution. Development of co-ordinative power.

TRUNK EXERCISES: Forms of flexions, backward, forward, and sideways; rotations; rotations and flexions combined. Reinforce design of preceding work, strengthening the muscles of the abdominal walls.

ARM AND LEG EXERCISES: As above, or combined with tactic exercises. Moderate effects of preceding exercises.

The above order of exercises is chosen for all practice periods directed by teachers or students. Omissions lessen the value of the practice.

In outdoor or hall practice moderate running exercises may find a place under arm and leg exercises, preceding trunk exercises; springing exercises may follow trunk exercises. Respiratory exercises are introduced whenever needed.

Games and plays are practiced only during specially designated play hours, and must not be substituted for practice in free standing movements.

Pedagogic Class: Study of the preliminary plan of work-adaptation suggested in the October issue. Purpose: To meet the physical requirements of the pupils for healthy development, through selection of appropriate material; to enhance study-power, and skill through progressively co-ordinated action. Physical development and health of pupils as judged by actions and attitudes. Estimates of condition, of strength, control, and skill obtained in the practice of ordinary movement forms, such as walking, running, hopping, jumping, etc., and during observation of games and plays. Indications of strength, mobility, flexibility. Degrees of volition, attention; accuracy in execution; gymnastic development; modes of progress.

Physical measurements and tests; comparison of heights, weights, breadths, girths, etc., with the standard for a given age. Physical character-

istics revealed in comparative studies; length of parts of limbs in relation to body; of over and under developed parts; inherited and acquired tendencies. Defects of faulty muscular habit, in attitude or movement; sense defects.

Periods of growth and development during school life; characteristics of childhood and adolescent periods. Influences of school life; development of tendencies indicated in school habits. Importance of foreseeing and counter-acting tendencies toward faulty action and posture.

The discussion of the technical work of the past month will include a consideration of the order of exercises, modes of execution, mechanical details, gymnastic development, and general effects.

Individual Gymnastics: The physical measurements reveal only the data in regard to size, strength, symmetry, and proportion. In addition we must know defects of parts, and the examiner's report is our guide.

Examiner's Report

No.-----
 Date-----
 Ht-----
 Cir-----
 St-----
 Blood-----
 L-----
 M.—h. s. f. c.
 S.—c. m. p. b. r.
 P.—b. f. s. p. p.
 He.—f. b. r. l.
 Sh.—f. d. r. l.
 Ch.—d. f. r. l. c. p. h.
 S.—d. p. t. b.
 Ri.—d. p. r. l. c.
 St.—d. p. c.
 Ab.—d. p. f.
 W.—b. d. f. n.
 Lu.—h. f.
 Ba.—r. h.
 Sp.—p. c. r. l. a. r. c. d. l.
 Sc.—p. f. r. l. d.
 Ar.—b. t.

Ar.—e. f. p. s.
 Hi.—b. n. f. h. r. l.
 Th.—e. f.
 K.—w. b. k.
 Lg.—e. f.
 Ru.—r. l.
 Fa. Le. Me.

Key to Examiner's Report

Heart-----
 Circulation-----
 Standing-----
 Blood-----
 Lungs-----
 Muscles—hard, soft, flabby, coarse.
 Skin—coarse, muddy, pimply, brown, rough.
 Head—forward, back, right, left.
 Shoulders—forward, down, right, left.
 Chest—depressed, flat, prominent, right, left, center, hollow.
 Sternum — depressed, prominent, twisted, bent.
 Ribs — depressed, prominent, right, left, center.
 Stomach—depressed, prominent, curved.
 Abdomen—depressed, prominent, fat.
 Waist—broad, deep, flat, narrow.
 Lumbar—hollow, full.
 Back—round, hollow.
 Spine—prominent, curved, right, left, anterior, rotation, cervical, dorsal, lumbar.
 Scapulæ—prominent, flat, depressed, right, left.
 Arms—biceps, triceps.
 Arms—extensors, flexors, pronators, supinators.
 Hips—broad, narrow, full, high, right, left.
 Thigh—extensors, flexors.
 Legs—extensors, flexors.
 Knee—weak, bowed, knocked.
 Rupture—right, left.
 Fat, lean, medium.

From the measurements and examinations, the special prescriptions are made for individual practice and control. The form of prescription, as also the special indications from each part measured, will appear in the December outline.